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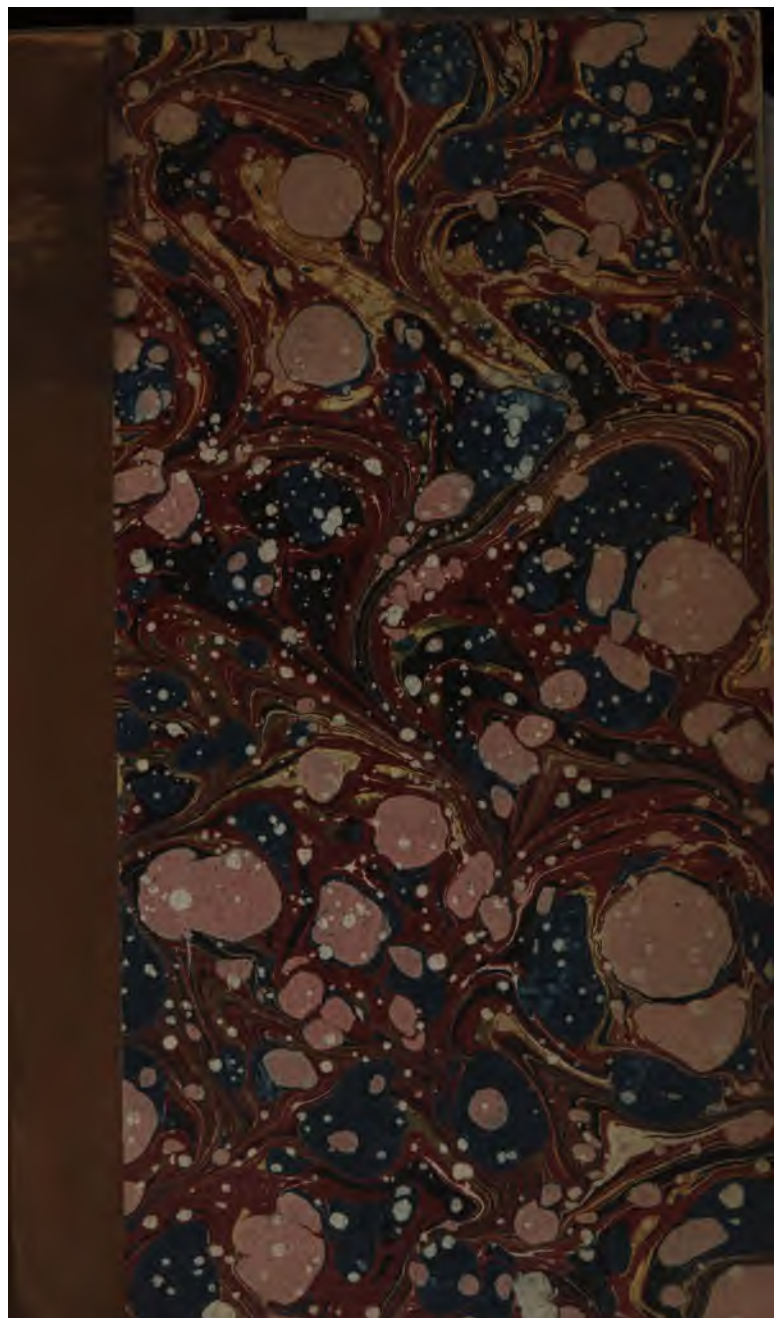
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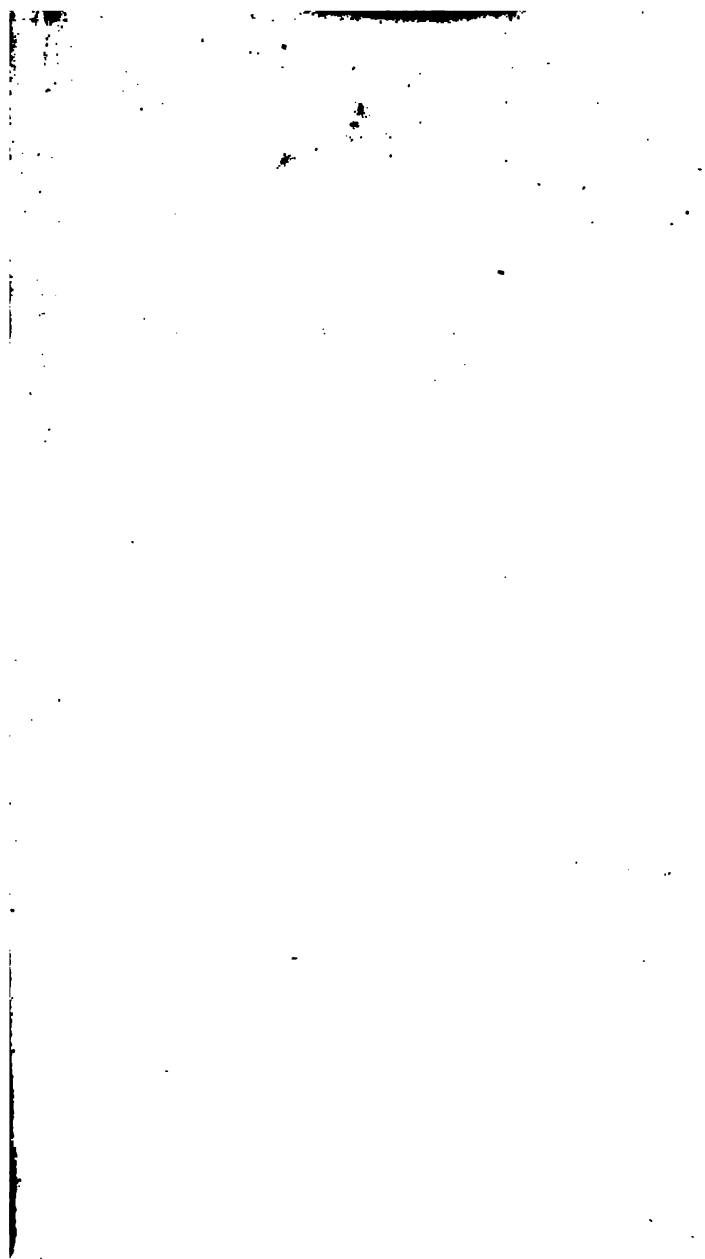
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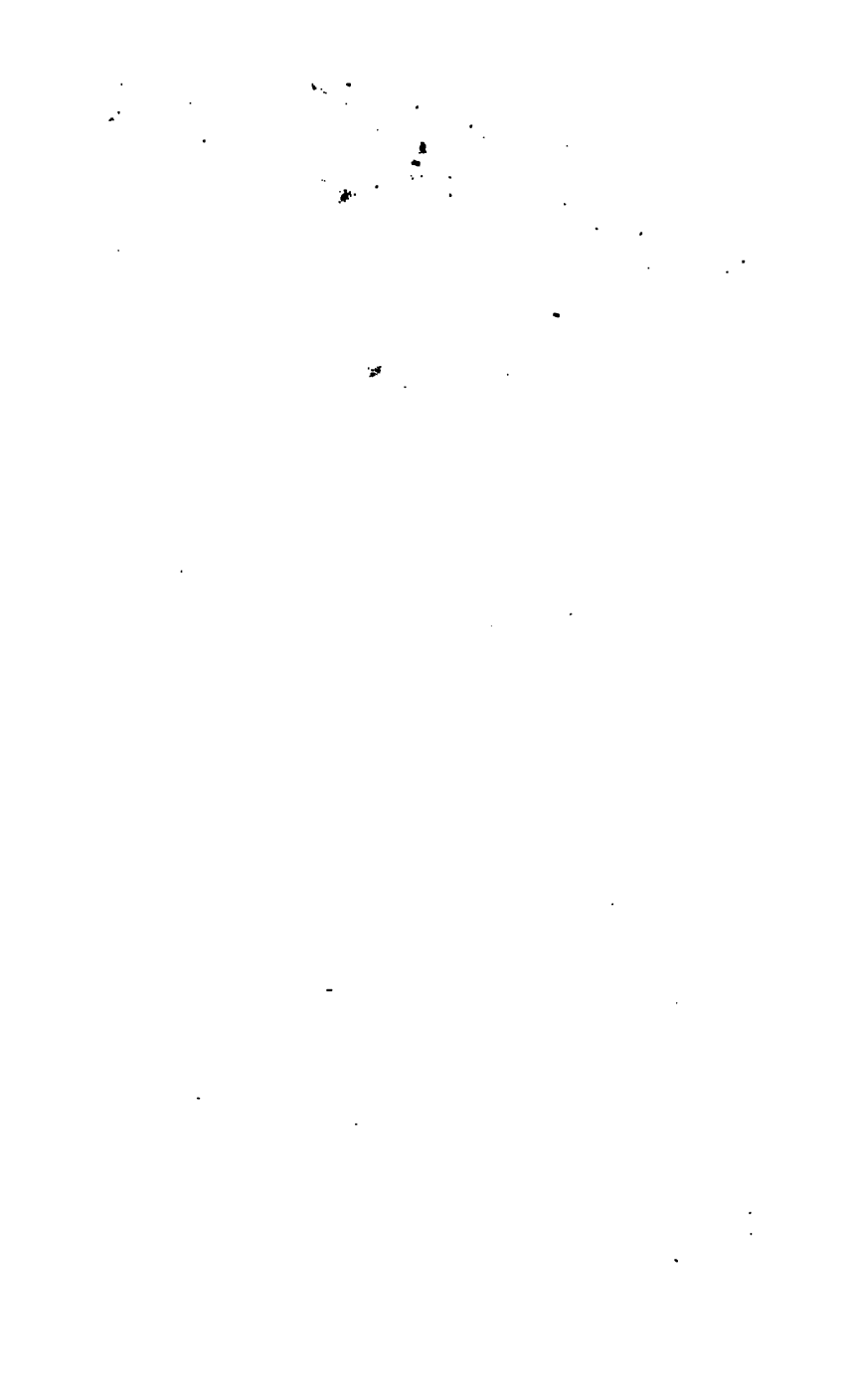
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48.1846.



48.1846.





# **SOUTHAMPTON**

**CONSIDERED AS**

**A RESORT FOR INVALIDS,**

**WITH A NOTICE OF ITS**

**CHALYBEATE SPA.**

**BY**

**EDWIN WING, M. D.**



**SOUTHAMPTON :**

**FORBES AND KNIBB, 143, HIGH-STREET.**

**LONDON : LONGMAN AND CO.**

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**1848.**





## SOUTHAMPTON

CONSIDERED AS A RESORT FOR INVALIDS, WITH A NOTICE  
OF ITS CHALYBEATE SPA.

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THERE is a feeling very prevalent in mankind which leads them to take pleasure in picking out faults and blemishes, while virtues, excellencies, and the better traits are passed unnoticed, perhaps unseen. This is not confined to the actions and characters of individuals, but is equally applied to nations, localities, and almost every circumstance upon which the human mind is called upon to pass judgment. It is not my present object to enter upon a moral discussion respecting this proneness to censure—my task is a more pleasing one, doubtless, unamiable though it be, it is not without its utility, and frequently leads to the removal of abuses and the redress of injuries which would otherwise have been allowed to remain. The town of Southampton has received an unusual share of this principle, and its imperfections have been tolerably fully exposed and widely made known. I shall hereafter allude again to these—at present I will only remark that some which have been pointed out are ideal, others have been removed or are in the course of removal, and more will be remedied by the operation of the Sanitary Act to be passed in the course of the present session of Parliament, and the artificial draw..

backs to the natural salubrity of this Town will soon disappear, though I hope both individuals and the local authorities will not wait for this measure to remove, as far as they can, all known and proved impediments to health. My confidence in its power to effect all this—whether in securing a good and plentiful supply of water, complete and efficient sewerage, the cleansing of streets, the removal of nuisances, and other matters strictly belonging to sanitary legislation—is so great, that I deem it unnecessary to dwell upon them now,—not that I am insensible to their importance, not that I am ignorant of the mischief a neglect of them must occasion, but because I feel assured a remedy for them is at hand, not only in this but in all the more important towns of Great Britain, and they have all suffered from these causes ; but if I am not ignorant of the importance of these affairs, and the necessity of their existence being laid before the proper authorities, neither am I insensible to the evil of continually parading them before the public without allusion to the better features of the case. The ill name which such a proceeding speedily attaches to a town is seriously calculated to damage its prosperity and wound many of its best interests. It deters those who have wealth and liberty to settle where they list from placing themselves in such a position, or even operates in driving them away—it prevents visitors from selecting the locality for a temporary sojourn, and parents fear to send their children to be educated there—it injures in a thousand ways—but enough, Southampton merits no such character. I hope to prove to conviction not only that in its present state it enjoys a most favourable average of health, superior to most other towns of the kingdom and to many considered the very perfection of towns, but that it is capable of much improvement, and also possesses many attractions for the

invalid visitor in search of relief. My purpose is to lay before the public the natural advantages of Southampton with respect to health, and how those natural advantages may be improved by art, and its peculiar fitness as a place of residence for persons suffering under many of the ills to which poor humanity is liable, by the tendency which the climate and other local attributes of the neighbourhood have to promote the cure, amelioration, and prevention of certain classes of diseases ; but, before proceeding to do this, it is necessary to make a few prefatory observations on the effects of climate generally upon disease and other topics, that their application to the peculiarities of this locality may be better understood. And ere I do this, I would call attention to another prevalent feeling, not of mankind in general, but of the English nation in particular, which cannot be too strongly reprobated, or too strenuously combated. I allude to that tendency so frequent amongst us to underrate the talents and productions of our native land—to decry, in short, every thing English, and to receive, with undue approbation and unmerited appreciation, aught that may come to us with a foreign name—that feeling which compels our English artistes desirous of success to put away their own rightful patronymics and assume names of another clime, whether prefixed or appended to the original, or entirely changed, as the only means of winning the approval of their countrymen, whether that approval be the just reward of true merit or the tribute of prejudice to a blind predilection. The same may be applied to numerous articles of manufacture and of commerce, and, as if that were not sufficient, the Englishman battles with the very air and climate of the land of his birth, attributing to it the most pestilential qualities. It is so changeable—so horrid, he exclaims, as he sighs after the beautiful tranquillity, the balmy breezes,

and the celestial skies of Italy. Imagine not that I would laud a bad thing because it was English, I merely deprecate a preference being given to a worse because it is foreign.

How stands this matter with regard to climate? I will quote a passage or two from that accurate observer, the late Dr. James Johnson—"There is a vast difference between the variability of climate in England and in Italy: in England the changes (barometrical, thermometrical, and hygrometrical,) are very frequent, but they are also very limited in their range—in Italy it is just the reverse, the transitions are not very frequent, but when they do occur the range is often most extensive. Now the frequency of the alternations in England are the very circumstances which render them comparatively innocuous. We have cloud and sunshine, heat and cold, winds and calm, drought and rain, twenty times in one day at home, but the British constitution becomes inured to them, and safely so from the rapidity of their recurrence and the limit of their range. Nay, this perpetual scene of atmospheric vicissitudes not only steels us against their effects, but proves an unceasing stimulus to activity of body and mind, and consequently to vigour of constitution." Quoting from Sir Humphry Davy—"In the mild climate of Nice, Naples, or Sicily, where, even in winter, it is possible to enjoy the warmth of the sunshine, in the open air, beneath palm trees or amidst the evergreen groves of orange trees covered with odorous fruit and sweet-scented leaves, mere existence is a pleasure, and even the pains of disease are sometimes forgotten amidst the balmy influence of nature, and a series of agreeable and uninterrupted sensations invite to repose and oblivion." Dr. Johnson remarks—"Yes, but when we come to be startled from this bed of roses by the Sirocco or the Tramontane, we find to our cost that the longer the series of agreeable sensations the more suscepti-

ble do we become to the deleterious influence of the enormous transition in the climate. The rapid, the frequent, but the tiny vicissitudes of an English atmosphere are no more to be compared to the mountain blast superseding the Sirocco than a squall at Spithead can be likened to a typhoon in the Indian Ocean." Let us hear what a gentleman of erudition, talents, and keen perception, himself a valetudinarian, says of the healing influence of Italian skies—"February 11th. The weather is beautiful (says Mr. Matthews,) and as warm as a June day in England. We sit at breakfast without a fire, on a marble floor, with the casements open, enjoying the mild breeze.—February 12th. Oh, this land of zephyrs! yesterday was as warm as July, to-day we are shivering with a bleak easterly wind and an English black frost. Naples is one of the worst climates in Europe for complaints of the chest. Whatever we may think of sea air in England, the effect is very different here. The sea breeze in Devonshire is mild and soft, here it is keen and piercing.—March 14th. If a man be tired of the slow lingering progress of consumption let him repair to Naples and the denouement will be much more rapid. The Sirocco wind, which has been blowing for six days, continues with the same violence. The effects of this south-east blast, fraught with all the plagues of the deserts of Africa, are immediately felt in that leaden oppressive dejection of spirits which is the most intolerable of diseases." "The thermometer, in fact, is no index or criterion of our feelings under the influence of the Sirocco and Tramontane—the former appears to suspend, exhaust, or paralyze the nervous energy of the body, and the sensorial vigour of the mind, both of which fall prostrate beneath the flood of enervating steam engendered by the aerial current sweeping over burning sands and evaporating seas; the latter, or Tramontane, comes down

from the Alps or Apennines with such a voracious appetite for caloric, that it sucks the vital heat from every pore, shrivels up the surface of the body, impels the tide of the circulation with great violence upon the internal organs, and endangers the lungs or whatever other structure happens to be weakest in the living machine." "The very circumstance which forms the charm, the attraction, the theme of praise in the Italian climate, is that which renders it dangerous, because deceitful, namely, the long intervals of fine weather between vicissitudes of great magnitude. This is the bane of Italy, whose brilliant suns and balmy zephyrs flatter only to betray—they first enervate the constitution, and, when the body is ripe for the impression of the Tramontane, that ruthless blast descends from the mountains on its hapless victim more fierce and destructive than the outlawed bandit on the unsuspecting traveller." "The fogs of England and its cloudy skies furnish constant themes of querulous complaint; but they would be rich treats in Italy, as defences against the torrents of liquid fire that pour down on her vales from a nearly vertical sun in summer. As rains fall in Italy more seldom than in England, they make up for this infrequency by precipitating themselves in cataracts that form mountain torrents, which overflow their banks, flood the plains, and saturate every inch of ground with humidity. The deluge over, a powerful sun bursts forth and rapidly exhales into the air, not only the aqueous vapour from the soil, but the miasmata generated by the decomposition of all the vegetable and animal substances which the rains have destroyed, the floods carried down from the mountains, or the gutters swept out of the streets. If these exhalations rise into the air perfumed with the aroma of ten thousand odoriferous shrubs breathing their balmy influence over the face of a smiling landscape, they are

not the less but the more dangerous on that account. Northern strangers, and more especially invalids unaccustomed to an azure sky and a genial atmosphere, in the depth of winter, sally forth to enjoy the glorious sunshine or resplendent moonlight of Italy, and, like the Grecian shepherd,

\*       \*       \*       exulting in the sight,  
Eye the blue vault and bless the cheerful light.

But they have too often reason to curse, in the sequel, the seductive climate of this classic soil, which mingles the poisonous miasma with the refreshing breeze, and thus conveys the germ of future maladies on the wings of fragrant zephyrs." "This must suffice, for the pure, the bright, the fragrant air of Italy, the Paradise of Europe. To such a pest-house are its blue skies the canopy, and where its bright sun holds out the promise of life and joy, it is but to inflict misery and death. To him who knows what this land is, the sweetest breeze of summer is attended by an unavoidable sense of fear; and he who, in the language of the poets, woos the balmy zephyrs of the evening, finds death in its blandishments."\*

With regard to the average duration of life and the rate of mortality, in Italy, Hawkins, in his *Statistics*, page 7, says—"From observations formed on one thousand years, the expectation or mean term of Roman life has been fixed at thirty years, but these are of picked lives to make a just comparison of the value of life in Rome and in England, similarly circumstanced, of a condition relatively easy, and the result discloses an extension of life remarkably in our favour. From observations of a most extensive character, it appears, that, with us, the expectation of life is above

\* M'Culloch.



fifty years for persons thus circumstanced, which affords our easy classes a superiority of twenty years above the Roman citizen. The expectation of life for the whole mass of Britain is at least forty-five, which affords to all our classes a superiority of fifteen years above even the easy classes of the Romans." It appears, from the same author, that the expectation of life for the whole population of Florence (one of the healthiest parts of Italy) is thirty years, fifteen less than that of the inhabitants of the much-maligned climate of England. But to take the rate of mortality "on an average (says Hawkins) of the ten years, from 1816 to 1826, the annual mortality in Rome was one in twenty-five inhabitants; in Naples, one in twenty-eight. Let us now look to London, there the rate of mortality is one in forty; in England generally, it is one in sixty; in Paris it is one in thirty-two; in France generally, one in forty—the same as London, and twenty more unfavourable than England; in Nice it is one in thirty-one; in Glasgow, one in forty-four." "The facts establish that both Italy and France are much less favourable to the health and longevity of man than England."\* "In respect to the medicinal influence of climate, I must persist (says Dr. Johnson) in placing Italy on a low scale. Few, indeed, are the inva-

\* Upon what data these calculations are founded I am not aware, but feel quite assured Dr. Johnson would not have introduced them into his work without being satisfied as to their authenticity. The rate of mortality in England has, however, I am sorry to say much increased, most probably from the rapidly increasing population, and the want of sanitary regulations in our towns. The Registrar-General gives the following table:—

Year.				
1841, in England 1 death in 45 inhabitants.				
1841	"	France	1	" 42 "
1840	"	Prussia	1	" 38 "
1840	"	Austria	1	" 33 "
1842	"	Russia	1	" 28 "

lids who can be conscientiously recommended to reside in Italy, even in the winter, and hardly any of that class (pulmonic) for whom the climate of that country has been generally prescribed." Thus much have I selected from Dr. Johnson's admirable work on "Change of Air," respecting the climate of Italy, considering it, of all European climates, the most favoured, and the most deserving of notice. With a passing and slight reference to that of France, Madeira, indeed, is perhaps of all the foreign resorts of the invalid the most unobjectionable, and the most conducive to the restoration of health; but if we consider for a moment the fatigues, disadvantages, and trials of travelling to one harassed by disease, to say nothing of the expense of a distant journey, which with many is an insurmountable obstacle, and with many others the cause of much trouble, anxiety, and privation, the discomforts of foreign homes, as compared with our own domestic enjoyments—for where can we equal the blessings of an English home—how different are its warm carpeted rooms, its comfortable furniture, and cheerful blazing coal fire, with all its arrangements directed to screen us from inclement weather, to the stone staircases, marble floors, and wretched casements of an Italian house, where every thing is designed to guard against the heat of summer? The streets themselves are built so as to shut out as much as possible the rays of the sun, and are as damp and cold when rain or frost occur as they can be. If we reflect upon the mental pangs arising from separation from friends, and the difficulties of intercommunication, the mournful feelings which overwhelm the sick or dying stranger in a foreign land, no slight matters to obviate any beneficial tendencies of climate, and to hasten a fatal termination, which itself is deprived of half its terrors by the sympathy and presence of those we love, revere, and cherish, but which sweet consolation is here

impossible. The companion, too, who watches, perhaps, the lingering and slow departure of his friend in a foreign country, undergoes no slight trial, while surviving relatives at home experience the most dire suspense, not unmingled with remorse, and self-accusing consciences in having permitted the subject of a hopeless disease to expire in a strange land. If we reflect upon all this, enough has been said to prove how desirable it is to take advantage of the many privileges which have been bestowed upon us at home and to turn to account such opportunities as a beneficent Providence has granted to us for the alleviation and prevention of disease and suffering.

The great difficulty in this country is to find a climate, which, for its mild character, is suited for patients suffering under pulmonic diseases, or a tendency to them, and it is almost exclusively on the south and south-west coasts that such localities are to be met with. But it is not the climate alone that must be taken into account in selecting a residence for invalids: there are many other circumstances which must have their weight in deciding the choice, such as facility of access, opportunities for, and temptations to out-of-door exercise and recreation, whether by land or water, bathing, amusements, mineral springs, and, which is too often overlooked, the accommodation which a place can offer for the comfort and convenience of the visitors. The influence of climate upon disease and the benefit arising from change of air and scene, have long been known and acknowledged, and experience has attested their value, but, like all other good things, they have been abused as well as used, for the lack of judgment and discretion, and so occasionally brought into unmerited disrepute. A mild climate operates by promoting the important, though too frequently neglected, functions of the skin and an active state of the circulation of the surface and

extremities of the body, thus relieving the oppressed or congested condition of the internal organs necessarily produced by the astringent effects of cold upon the superficial blood vessels. The lungs especially it benefits, by relieving them of over-work, and placing them in comparative quiescence, by transferring a portion of their duties to other organs, and, by the bland quality of the air, tending to soothe and allay irritation. It benefits the whole system, by permitting the invalid to enjoy and profit by that invaluable restorative and preservative of health—exercise in the open air, in times and seasons when, in less favoured districts, he would be compelled to remain within ; indeed, so important is this, that in adult age in both sexes, health cannot be preserved and disease kept at bay, unless moderate exercise be regularly taken. It affords the most powerful means we possess of duly adjusting the balance of supply of the food of life—the blood, between the surface, extremities, and viscera of the body, without which the healthy condition is impossible, and the integrity cannot be maintained of the various systems which enter into the composition of the human frame. It should, however, be properly timed and regulated, so as not to interfere with, but promote, the process of digestion and the due performance of the secretory functions—neither immediately before or after a meal, nor carried to the extent of much fatigue. The elastic, pure, and balmy air of early dawn is a most valuable auxiliary to exercise, and that time will be found most conducive to the invigoration of a weak constitution. I never speak to unprofessional persons upon these topics, but I feel (and, in writing, still more strongly) the general absence of information on subjects connected with anatomical and physiological science. They are looked upon as matters purely medical, but, I think, erroneously. Surely every educated man ought to

desire to be acquainted, to some extent, with the machinery, structures, and operations of which his own person is the theatre, and by which his existence is carried on and maintained. Were such the case, it would prove a far greater protection to the medical profession against all kinds of quackery than the most stringent penalties and legislative enactments ; for the possessor of such knowledge would at once see that the practice of medicine could be no system of conjuration or of magic, of charms or specifics, but that it must be based upon sound and rational principles, deduced from a correct and intimate acquaintance with the anatomy of the human body and its functions in health, a close observation of the changes produced by disease, and the power of remedial agents to control or modify them : in short, it must consist of the adaptation, by judgment and discrimination, of general and fundamental principles to the circumstances of each individual case : and, seeing all this, no one would think of entrusting himself in a state of disease, to a person ignorant of the groundwork of his pretended knowledge, more than he would think of taking his watch to be repaired at the nearest blacksmith's forge.

But, to resume, change of scene—the casting away the cares and anxieties of business for a season—the amusements and pleasures derived from excursions in a new neighbourhood, to view objects of beauty, of interest, or instruction—the pleasures and recreations artificially provided to destroy ennui and pass time, are, in themselves, frequently half the cure of many diseased states. The use of mineral waters and sea-bathing, when judiciously prescribed and properly managed, with due attention to diet, regimen, and regular habits, are most effective auxiliaries in imparting vigour to an infirm constitution and restoring health ; but, to avoid error and prevent disappointment,

the invalid must in all these matters act under the directions of his medical adviser. Nothing can tend to bring these valuable remedies into disfavour more than an ignorant application of them, and the attempt of each to become his own physician. "The neglect of it, (that is, of climate as a remedial power, says Sir James Clark,) I believe, has arisen, in a great measure, from the opinion which has generally prevailed in this country, that the beneficial effects of climate are evinced in consumptive diseases chiefly. Such an opinion could have originated only in a very limited acquaintance with the influence of climate on disease. In dyspepsia, and disorders of the digestive organs generally, with the nervous affections and distressing mental feelings which so often accompany these; in asthma, in bronchial diseases, in scrofula, and in chronic rheumatism, the beneficial effects of climate are far more strongly evinced than they are in consumption. In delicacy of the constitution and derangement of the system, more especially in childhood and in youth, and which cannot be strictly classed under any formal disease, and also in that disordered state of health which occurs at a more advanced period of life, in which the powers of the constitution, both mental and bodily, fail, and the system lapses into premature decay, climate is a valuable remedial agent." To those who wish to study this subject, I recommend to read, with attention, Sir James Clark's excellent work. My limits will allow me only to glance cursorily at a few of the diseased states which are likely to be benefitted by a temporary residence in this locality.

The disappointment which has arisen from a change of residence, for consumptive patients, from the colder parts of our island to the more temperate and sheltered regions, has its origin in two causes—first, the fearfully fatal and unmanageable character of the disease itself; and, secondly,

its being resorted to at too late a period, when it has made great progress in its destructive career, to which may be added a neglect of proper management and regimen from both the patient and his friends too frequently embracing the idea that change of air is *the remedy* instead of merely an adjunct, though a very effective one, producing its results by placing the invalid in circumstances far more favourable to recovery. It is in the early stages alone that we may look for much benefit from this measure, and it is rather as a preventive than a cure in which we find its true value; it is, therefore, when a member of a family falls into that peculiar state of ill health which forebodes and usually ushers in consumption, and which first excites the alarm of watchful and anxious friends, that this course should be adopted, more especially when the threatening symptoms occur in one by hereditary taint predisposed to this frightful malady. It is worse than useless to delay until irreparable mischief has ensued—it is sheer cruelty then to tear away the sufferer from the sweet associations of home and kindred, and break the links of sympathy's supporting chain. I would direct particular attention to a condition of the system very prone to light up the latent fuel of consumption in early life, and which is too apt to be neglected and overlooked. I allude to overgrowth, or rather a too rapid growth to which the physical and vital powers are unequal. The fond parents, in the pride of their hearts, are at first delighted with the astonishing progress and improvement of their offspring, but their pleasing anticipations are of short duration, the bloom of health fades from the cheeks—the eyes lack their accustomed brilliancy, or anon sparkle with unnatural lustre—the limbs quake under their too quickly accumulated burden—languor and listlessness daily increase, and change their overjoy into anxiety, care, and sorrow. Effects

allied to these are produced when the youthful mind, burning with the curiosity of awakened intellect, and ardent in the pursuit of knowledge, impatient of all restraint, bursts the bounds which prudence would assign to its exertions, and crushes, by its impetuosity, a fragile constitution. Both these cases are too delicate to bear, with impunity, the rough blasts and piercing cold of our northern winters, and a removal to a southern atmosphere will, in the majority of instances, be of the greatest service, and, with due care and attention, the critical period may be passed, and a long life of health and strength reward the exertions made in their behalf. The same may be applied to the majority of children and young persons who are unusually delicate or are afflicted with a scrofulous taint, and to those subject to frequent attacks of croup.

But not only to youth, in a state of impaired health, is a mild climate of the most decided value, but to those who have reached the farther end of the scale of life, and upon whom age has begun to inflict its often infirmities. Whether that old age be premature, or ripe by time, the chilliness of age is proverbial, and the languid circulation of the enfeebled frame is little able to cope with the asperities of a hard winter. Experience is borne out by statistics, and the fact is well established, that it is at that season of the year the greater number of persons who have arrived at an advanced age are carried off. Gentle carriage exercise, or, to such as are equal to it, a walk in the open air, is of the greatest service to them, but it can be enjoyed only in districts where the temperature will permit. Often, by care, attention, and good management, may a cherished and valuable life be prolonged beyond expectation; and when this state has been brought on prematurely by a greater share of the activity and anxieties of life than the constitution is equal to, a rally of a surprising and lasting cha-



racter may be effected. An analagous condition to this has been well described, by Dr. James Johnson, as the "wear and tear" disease: it "results from over strenuous exertions of the intellectual faculties rather than of the corporeal powers, conducted in anxiety of mind and in bad air." It is almost peculiar to Great Britain, and affects thousands of the brain-worked population of London and our large provincial towns, and is met with principally in the middle-aged, whose care-worn countenances bespeak its ravages. Removal of the cause, combined with amusement of the mind, pure air, and bodily exercise, are here indispensable, and no where can they be so well obtained as in a pleasing neighbourhood, near the coast. Nor is it only from the "wear and tear" of the business of life that health suffers—inroads of an equally if not more fearful character; are produced by the crowded assemblies, late hours, irregular habits, and the whole train of circumstances attending the "riot of fashionable dissipation."

Patients suffering from gout and rheumatism, also convalescents from fevers and other acute diseases, provided that convalescence is fully established, will profit by a residence in a mild climate, more especially those who have recovered from scarlatina, measles, and small-pox, diseases which leave the cuticle for a long time in an unhealthy state, and the functions of the skin imperfectly performed; while it is at the same time peculiarly sensible to the evil effects of cold. Scrofulous and glandular affections then show themselves in such as are constitutionally predisposed to them. After measles, in particular, the trachea and pulmonary organs exhibit great susceptibility of diseased action, and much watchfulness should be exerted over those who are known to inherit a consumptive tendency. General dropsy is a well-known occasional consequence of scarlatina, and when it occurs is usually the result of

mismanagement during convalescence ; but, whether there be dropsy or not, the same cause is apt to plant the germ of future incurable renal disease, which, developing itself, perhaps, years afterwards, its connexion with scarlatina is overlooked, though, had attention been directed at that time to the offending organ, the direful consequences might most probably have been averted ; indeed, there are few diseases which (in their early stages, before structural disorganization has taken place,) are more likely to benefit by mild temperature than renal diseases, and for reasons obvious to every medical man, though it would be out of place to dilate upon them in a pamphlet intended for the general reader.

Persons arriving from the East or West Indies, if in a state of delicate health, especially in the winter, will find it better to linger here than to proceed at once to the colder districts of the country, if such be their destination.

I might enlarge considerably upon this portion of my subject, but have already occupied too much space with it, and such a course would be inconsistent with my designs ; in the foregoing remarks, however, I have had in view the town and neighbourhood of Southampton, as by climate and otherwise suited to the various conditions described. But before I proceed to comment upon and point out the peculiar advantages of this locality, as applied to these objects, I must redeem my promise of demonstrating the great natural salubrity of Southampton, and show that in its present state it is relatively a very healthy town as compared with others, some of which possess not only a superior reputation but a national celebrity for health, and that, when certain removeable causes of disease shall cease to operate, and proper sanitary regulations are established, it will be a remarkably healthy town, also that it is singularly free from endemic causes of disease, of an irremediable

character—this done, we shall be better disposed to enter upon its peculiar eligibility as a place of resort for invalids, for which it deserves to rank as one of the first in the kingdom, for those classes to whom it is more especially adapted, and for whose benefit these circumstances ought to be widely made known.

It is to be regretted, that we do not possess, in this country, any registry of sickness that can be relied upon—were such the case it would be of the greatest value. But we have a very accurate registration of mortality, and, as mortality is allowed on all hands to bear a proportion to sickness, the number of deaths has become the criterion by which we judge of the relative healthiness of one locality as compared with another. The Registrar-General has published a table of the proportion of deaths to the number of persons living, in the various towns and districts of England, calculated from the deaths occurring between June 30th, 1840, and June 30th, 1841, and from the population as ascertained by the census of 1841. From it I select the following :—

The Metropolis	1	death to 39	inhabitants.
Canterbury	1	“ 43	“
Portsea and Portsmouth	1	“ 41	“
Reading	1	“ 42	“
Northampton	1	“ 41	“
Cambridge	1	“ 37	“
Salisbury	1	“ 38	“
Exeter	1	“ 34	“
Falmouth	1	“ 42	“
Bristol	1	“ 34	“
Clifton	1	“ 43	“
Manchester	1	“ 33	“
Kingston-upon-Hull	1	“ 34	“
Newcastle-upon-Tyne	1	“ 34	“
Carlisle	1	“ 39	“
Cheltenham	1	“ 45	“

	1 death in 42 inhabitants.			
Brighton	1	"	38	"
Birmingham	1	"	34	"
Coventry	1	"	38	"
Derby	1	"	29	"
Liverpool	1	"	44	"
Gloucester	1	"	37	"
Sunderland	1	"	40	"
Bath	1	"	48	"
Isle of Wight	1	"	47	"
Southampton	1	"	45	"
Average of all England	1	"		

Here is a list of twenty-four towns (and it could have been much extended) variously situated on coast, inland, east, west, north, and south, commercial, manufacturing, and pleasure towns, fashionable watering-places, &c., all of which exceeded Southampton in the proportional number of deaths, while, in the whole Isle of Wight, towns and country together, the mortality was below that of Southampton only in the proportion of one death to 48 persons as compared with 1 to 47, and Southampton shows a superiority over the average of all England, towns and country together, in the proportion of 1 death to 47 inhabitants as compared with 1 to 45. If we contrast Southampton with towns of its own class, commercial Ports, and this should be done, for occupations have great influence upon disease and mortality, its superiority is still more striking. Thus, while there was here but one death to 47 inhabitants, in Falmouth there was 1 to 42; in Bristol, 1 to 34; in Hull, 1 to 34; Newcastle, 1 to 34; Sunderland, 1 to 37; and Liverpool, 1 to 29. It is obvious that the Registrar-General can issue these comparative statements with the desired accuracy only immediately after the numbers of the population have been ascertained by a census, and were there an annual census it would be a great improvement upon the present system, however, I will proceed upon the best

calculations I can find, and as it may be objected that Southampton having so very rapidly increased since 1841, may also have become much more unhealthy, I will show the contrary to be the case, and that the above data are unfavourable rather than otherwise to the town, it having been, according to the report \* from which they were selected, a season of more than customary sickness and mortality in this district, while, on the contrary, some of those with which it is compared, especially the northern towns, were less unhealthy than usual, and that, with respect to Southampton, the last six years give an average more in its favour, reckoning the population by adding 800 each year as the increase, which, I am told, is under the mark, but, as I believe it to be the best estimate I have received and the most authentic, I take it in preference to a higher, not wishing to found my calculations on too favourable a basis. Proportioning the number of deaths registered at Southampton, in each year, to this calculation, the result is as follows. The last table, it must be remembered, was from June, 1840, to June, 1841, this commences with January 1st, in each year :—

Year.	Death.		Persons living.	
1841	1	to	48	} Mean of the six years, 1 death to 48 persons living.
1842	1	to	44	
1843	1	to	51	
1844	1	to	48	
1845	1	to	53	
1846	1	to	44	

The mortality of the present year (1847) is decidedly at a low figure.

This shews an average more favourable than before, and there are but two towns in the list given equal to Southampton in the worst of the six years, viz., Cheltenham and

\* Registrar-General's Report, 1843.

Gloucester. It is well known that the mortality of towns is much greater than that of the country. The Registrar-General gives the following average of four years, in towns and country districts, of about equal population :—Country, 1 death to 52 persons living ; Towns, 1 death to 37 persons living.\* Southampton, then, possesses a mortality more favourable than the average of towns, in the proportion of 1 death to 48 persons living, as contrasted with 1 death to 37 persons living, and less favourable than that in country districts only in the proportion of 1 death to 48 persons living as compared with 1 to 52. I have already shown that it is lower in this town than the average of all England. I will now point out that Southampton has less mortality than the average of many counties of England, and some even strictly agricultural counties. The Registrar-General has published a table, in his report for the year 1845, showing the rate of mortality in the several counties of England, computing the population from the best sources at command, on an average of six years, from 1839 to 1844, both inclusive. The average of Southampton, it will be borne in mind, for the same number of years, and nearly the very same years was 1 to 48. The mortality is lower here than in Lancashire, where it is 1 to 37 ; Cheshire, where it is 1 to 43 ; Warwickshire, Durham, and Staffordshire, where it is 1 to 44 ; West Riding of York, Monmouthshire, and Cambridgeshire, 1 to 45 ; Gloucestershire, East Riding of York, and Leicestershire, 1 to 46 ; Huntingdonshire, Buckinghamshire, Worcestershire, Northamptonshire, Nottinghamshire, Derbyshire, and Bedfordshire, 1 to 47 ; and that it is equal to Oxfordshire, Herefordshire, and Norfolk, where the mortality is 1 to 48 persons living, the same as Southampton.

\* Registrar-General's Report, 1845.

The County of Hants ranks high in salubrity, its mortality appearing in the lowest figure but three, viz., 1 to 52, while the very lowest is 1 to 55, and relates to North Wales and a country district of Surrey.

That the comparatively high mortality in Towns arises principally, if not entirely, from removable causes and the want of proper sanitary regulations, has been amply proved from the reports of the commission on the health of towns, and proofs to the same abound in the various reports of the Registrar-General, to which I refer you. Has Southampton escaped from these causes of disease?—most assuredly not, and notwithstanding that its mortality, in the aggregate, is low, much of it is produced by them, and the sooner they are swept away the better. It could not, indeed, have been expected, that, in the absence of legislative interference in these matters, and at a time when rapid and extensively increased accommodations were required for the numerous artizans and workmen absolutely essential to carry out the great commercial undertakings which have so changed the character of this town, more attention should have been bestowed here than elsewhere upon arrangements for promoting the health of the inhabitants, when a general disregard of these affairs characterised the nation at large; but since these questions have been more agitated, and the public mind forcibly directed towards them, in no town have the defects been more completely or more perseveringly brought forward, whether by those whose business it is or by amateur and self-appointed inspectors of nuisances.

At the commencement of this pamphlet it was pointed out how much injury a town sustained from such a course of proceeding, without accompanying it with the brighter side of the picture, but as we have now seen that Southampton deserves a high reputation for health, it can well

afford the darker side to be viewn—it will only serve to demonstrate the pinnacle of salubrity upon which it naturally stands, and which it might and will attain—I say, will attain, because the really operative causes of disease will not be allowed to remain. The condition of some of the lower parts of the town is bad indeed, and the Registrar's reports shew it in their results. Until lately the registration of the causes of death has been very imperfect, and since a better system has been adopted the tables have not as yet been drawn up, and I feel, consequently, that little reliance can be placed upon individual diseases, excepting such as are of a very marked character. I have, therefore, taken the returns of classes of diseases, and analyzed them a little, and with what result? exactly what we might have anticipated from such a state of things. In that important class of diseases which are known to be aggravated, if not sustained, by removable causes, such as the accumulation of impurities and filth, poisoning the air by their pestilential emanations, deficient drainage, and other imperfections, in which the densely-populated and poorer portions of this town abound—in that class of diseases termed zymotic, embracing the endemic, epidemic, and contagious, Southampton exceeds some of the cleaner towns mentioned in my list, as not so favourable, when considered as to the whole mortality; but there is one striking fact, that it is entirely in the epidemic and contagious diseases, such as small-pox, scarlatina, measles, dysentery, and typhus, that the slight excess consists, diseases which delight to revel and luxuriate in the abominations referred to, while from those of a strictly endemic character, inherent in the locality itself, such as intermittent and remittent fevers, Southampton is singularly free, not a death being registered from these causes during the five years, the reports of which I have examined, viz, from



1838 to 1842, both inclusive, and when such cases occur, they are, in all probability, not native, but importations from other districts, and distant climes, and as they are not communicable from one person to another, they are not detrimental to the public health. Allusion is more particularly made to these affections, because some have supposed that the uncovered muds and marshes at low water produce them, but salt water marshes never do. In another class of diseases, which cause more than a fourth of the mortality throughout the kingdom, Southampton appears in a favourable light, viz., those of the organs of respiration; and it is here the naturally genial character of the climate triumphs over the artificially opposing circumstances, and there are no cases of sickness to which a vitiated atmosphere is so injurious, or is in itself more frequently the producing cause. Diseases of the digestive organs are found to be prevalent at Southampton, and they form a class liable to be acted upon most injuriously by removable causes. The last I intend to bring forward are the diseases of the brain and nervous system, to which the occupations of many of the inhabitants of Southampton are inimical, and which the want of proper regulations as to public health greatly increase: in this class Southampton holds an intermediate place. The towns with which I have here compared it are Cheltenham, Gloucester, Clifton, and Brighton, which, as seen in the first table, approach Southampton nearest in their rate of mortality. As the registration of individual diseases as the causes of death are but little to be relied upon, I will merely mention, that Southampton appears to be less liable to consumption than the other places, and that typhus fever is but very little in excess, if any.

Of the above facts, such as will take the trouble (and that is not a little) may satisfy themselves by reference to

the Registrar-General's annual reports. The inferences to be drawn from them are:—first, That Southampton is a much more healthy town than others of its class, and many of a character which would be supposed to be superior to to it in salubrity, having an average of mortality much smaller than that of towns generally, and even beneath the mean of the whole kingdom and many country districts;—secondly, That a very large portion of the mortality of Southampton arises from classes of diseases produced, or grievously increased and propagated, in the poorer and more densely-populated regions of the town, from causes which may be remedied; and when such shall be the case its salubrity will be of the highest order. To these causes may be attributed the great number and fatality, when epidemics arise, of scarlatina, measles, &c., and of small-pox, which ought to be annihilated by compulsory vaccination; also nearly all the cases of typhus and dysentery, diseases, which seldom linger or spread amidst a pure atmosphere and cleanliness. And to the same causes may be assigned many of the dyspeptic and nervous affections, but to discuss these points at length would be to open the whole sanitary question. These matters and their remedies have become sufficiently familiar, and it would not accord with my object to dwell upon them—the neglected duty of scavengers—defective drainage—ill-constructed and deficient sewerage—bad ventilation—supplies of water, which is more wanting in quantity than bad in quality, and such as it does possess of a disagreeable character is more in the machinery for its conveyance than in the water itself: it requires filtering, and until that is done, private families should filter it for themselves for domestic and culinary purposes. In itself it is of good quality, though somewhat hard, but an unlimited supply is essential to that degree of cleanliness without which health must suffer. It should be

constantly flowing, and at high pressure ; and were glazed earthen ware, or what would be still better, strong glass piping used, it would be far preferable to any metal—lead is most objectionable. The ancient Romans surpassed us in this respect, they made use of a material for this purpose resembling that of which ginger beer bottles are made. All these topics are of so much importance, that I would still urge attention to them, did I not deem it unnecessary.

There is one prevalent feeling, however, which ought to be combated, and that is a dread of the expense of sanitary reform. It is founded on confined and mistaken views of the subject. To say nothing of profits, which, under a well-regulated system, have been estimated to cover more than the outlay, the greatest tax under which we suffer is caused by the pauperism engendered amongst the working classes by disease and sickness, the produce of preventible causes, for proofs of which I must refer my readers to the many able statements published on this subject, especially papers by Dr. Hall, of East Retford ; but to towns like Southampton the neglect of these matters is a positive loss, by preventing persons from settling in them who would not only contribute to enrich them by their annual expenditure, but would be fellow-bearers of local burdens. Another circumstance which must apparently detract from the natural salubrity of Southampton, is the wear and tear of life incidental to its active, busy, anxious, speculating, and hard-working commercial population, as contrasted with the quiet of the easy, staid citizens of some of our older towns, which are much as they were a century past, and will probably remain so for another to come : but were I to linger longer on these subjects I should leave no space for THE OBJECT of these pages—Southampton considered as a Resort for Invalids, with a Notice of its Chalybeate Spa

—and I shall make no apology for commencing this topic with copious extracts from Dr. Granville's "Spas of England," for not only are the remarks of that well-known physician in accordance with my own views, but are calculated to carry far more weight with them, both from his established reputation in these matters and his long and intimate acquaintance with the place.

"I have always (says Dr. Granville) been impressed with the conviction, that, viewed under every possible aspect, Southampton offers to people having delicate lungs or irritable trachea a retreat preferable almost to those found on the south-western coast, including Torquay itself. Having been well acquainted with the place for more than twenty-five years, and knowing the effect of the climate on invalids of all classes and constitutions, I can aver as much with perfect confidence. It is undeniable that Torquay, as we have seen, is more sheltered, is a greater snuggery, and a warmer place ;\* but then there is too much moisture, owing to more frequent rain as well as from the nature of the soil. For this reason, it is a much more relaxing climate, inimical to nervous people of every description, more so than any other place on the coast, from Sidmouth to Dartmouth."

"In point of soil, Southampton is greatly superior ; indeed, one of its principal advantages is to rest on a

\* "This last expression had scarcely dropped from my pen when I began to doubt whether such is really the case. On looking over a table of thermometric observations made during the last three months of 1838, and the first six months of 1839, and again during the month of January, 1840, at one of the villas situated in the second region or district of Southampton, described in the present chapter, the average of each of those months seems to have been equal in most and superior in a few instances to the mean temperature of Torquay, quoted by Dr. De Barry."

high gravelly bank that separates the river Itchen from the bay, the fall of level of which, in every direction, is such that the streets are constantly kept dry. No sooner has the rain fallen than it is gone through the soil as through a filtering stone." "An invalid catching a glimpse of the noon sun in front of his dwelling, during the winter, the moment after a heavy morning rain, can also safely face the air and walk on the bare earth, as the one will not be found charged with the immense dampness that hangs above ground for some time after rain in clay, sandstone, or even limestone soils, and the other will barely mark his shoes with moisture, for the moisture which the surface of clean quartz gravel retains after rain is but a fraction of that which is maintained on the surface of any other species of soil, except sand." "This, of itself, is an immense advantage; but there is another appertaining to a gravelly soil, which, for health, and especially for such people as are obliged minutely to study every part of their own proceedings in order to preserve delicate health, is in my opinion of almost incalculable importance, though it has not been set forth by other observers or writers on climate. If attention be paid to the fact, it will be found, that, in walking over loose shingle or angular flint-gravel, the feet become almost immediately warm, even when such gravel is yet wet from recently fallen rain. Indeed some people have suffered inconvenience after a long walk on loose shingle from that very circumstance, and the reason of that effect seems obvious, at each step the sole of the foot pressing upon a plane of loose, polyangular, or round bits of flint, a general movement and rolling of the fragments takes place, producing friction on the sole of the foot and consequently heat. This repeated every half-second, as each step is taken during a long walk, ends by exciting considerable warmth in the foot, and the promenader returns to his

home with a quickened circulation in the lower extremities. But the gravel in such cases must be rather loose, as is the case in many of the streets, the roads, and walks about Southampton, where it has been rolled and pressed down so as to form a dense, compact, smooth surface, like a mosaic pavement, especially if the gravel be of the smoothest sort, the effect is not so perceptible. Hence I should always recommend to persons residing in large mansions, in the country, near the town, during the winter, and having extensive pleasure grounds, or who are charged with the superintendence of paths and promenades near and about Southampton, to reserve a gravel walk exposed to the south west sun, near at hand, which shall be suffered to remain in a loose state, being merely smoothed from time to time with a garden rake, and never rolled or pressed down. Such a walk will be dry sooner after rain than any other, and afford the pleasing and agreeable opportunity of warming and maintaining a comfortable warmth of the feet, an object of the first importance at all times and in all cases, but especially in those of invalids with delicate chests and tracheas, having recourse to Southampton air for refuge and protection from winter mischief."

"It is a curious fact, that, much as the climate of this neat and cheerful town is friendly to pectoral diseases, its influence on diseases of the digestive organs is of the very opposite character. Had I not had repeated occasions to ascertain the truth of this fact—had it not forced itself repeatedly on my attention I could hardly have believed it." "Three general rules, however, must be borne in mind in disposing of your visiting invalids at Southampton, according to the several kinds and degrees of indisposition under which they may labour. In the first place, your decided consumptive patient, whose case is purely and strictly of that character, must reside in the lower town and

below Bar, in some of the best streets to the left, or even in the principal thoroughfare of the town, which is now not only a beautiful but an interesting feature of Southampton—its bustling activity, and the gay company that generally parade it in the afternoon being at the same time highly favourable adjuvants to the locality. In the second place, if what is usually termed nervousness be a concomitant of the pulmonic tendency to disease, the dwellings to be selected must be such as are found Above Bar, going towards the London-road as far as where the turnpike used to stand, and thence inclining to the left in a slanting position, taking in a large tract of ground that has been covered with buildings, of every description, arranged in streets, squares, and polygons, within the last twenty years: Rockstone-terrace, Carlton-crescent, and Carlton-house may be cited as some of these. Some detached villas there are, on the outside boundary of this particular district, which mark as it were its termination, and the commencement of a third district or region for invalids. Their situation is most favourable—Bannister's is one of them—Clayfield and Archer's lodge two others—and a fourth is Bellevue, a large mansion facing the avenue to London, which enjoys the expansive and smiling prospect of the Itchen, though I should not consider the latter house so appropriate for a winter residence as the first-mentioned, or any other detached villa which may be built hereafter with the like aspect. Thirdly and lastly, those patients who, being visited with any sort of pulmonic disease in its incipient or merely threatening stage, are also unfortunately subject to dyspepsia, and require a more elastic medium to breath and digest in than is to be found in either of the two previous regions, must seek a higher district, and such an one, with excellent air and well-built houses, they will find on Shirley Common, recently enclosed by act of Parliament, and to

which immediate access is had by Hill-lane, branching off the Romsey-road."

"An invalid residing for the winter at Southampton should live on the first floor, and put a double sash to all windows that face either the east or the north, never ventilating the house but by a south or west window, which should be open sometime at noon whenever there is any sunshine. The best position to be selected for the two last months of the year, and until the end of the spring, would be a house which should receive the south-east sun and have it until noon in one part, while in another part the setting sun impinges on the western casement to cheer the close of the day. Such houses are to be found at Southampton in each of the three regions I have alluded to."

"In point of residence, for people of delicate health, Southampton, if public report is to be credited, will soon exhibit a novel feature by the execution of a projected plan, whereby the whole or at least the largest portion of that well-wooded and cheerful bank of the Southampton estuary or water, extending between the Itchen and the Hamble, including the venerable remains of Netley Abbey, will be converted into an assemblage of villas and rows of dwellings, with gardens. The situation is admirable, and the general aspect one of the most favourable description. A proper and judicious choice of spots for the erection of particular houses, or the formation of crescents and terraces, (for in that every thing consists,) will render this locality the most to be preferred by invalids of the class first-mentioned, who are anxious to benefit by the Southampton air." "But there is no end of the pertinacity of error, in building in this country, as to situations. From the shore of the Itchen, just by the ferry, a rising hill ascends gently towards the north-east up to a village bearing the name of the river, and inhabited by people engaged



in fishing. At the top of it is Pear-tree-green; which is exposed to the east. The village itself is in a dell, with miserable huts on each side. These demolished, and good houses erected instead, the place would offer a very sheltered, warm, and comfortable situation, having an excellent aspect for invalids with chest complaints, while the present industrious inhabitants would gladly exchange it for another lower down and nearer to their calling. But no: gentlemen prefer having their dwellings on the Green, exposed fully to the east winds, like those belonging to two gentlemen, who, I believe, once represented Southampton in Parliament, and that of a noble lord, who, however, has taken care to embosom his within a sort of plantation."

"Those who object to the smell arising from the mud at low water, or dread its supposed effluvia, entertain in the case of the Southampton water, an estuary ten miles in length and more than two miles broad, unfounded apprehensions. Indeed, as far as the class of invalids is concerned, for whose sake I should rejoice to see a judicious conversion of the Chamberlayne lands into mansions and villas, the circumstance of emanations from sea deposits being in their immediate neighbourhood is favourable rather than not. It is for this reason that I did not lay so much stress, as others have done when writing about Torquay, on the inconvenience of having a smaller inner harbour, which, at low water, sends forth its mud effluvia, although I admit that it is anything but agreeable. Nor can I be accused of inconsistency in maintaining, in the case of Southampton, a different notion from that expressed respecting Teignmouth. The whole difference, in the latter case, consists in the sheet of water at that port being a large river, bringing down and depositing before the town its own peculiar vegetable and animal impurities along with the mud left by the receding tide, whereas the sheet of water at South-

ampton is an open arm of the sea, in a direct line with Spithead and the east part of the English Channel, as well as with the Solent in communication with the West Channel. And as for the three river streams which pour their fresh water tribute into the bay, their contributions are too insignificant to cause any impression different from that which I am disposed to attribute to the emanations of the Southampton water at low tides." "The atmosphere of such a neighbourhood, indeed, in the winter season, must prove beneficial to invalids having incipient tubercular disease of the lungs, from being slightly charged (and it can only be slightly during cold weather) with bromine, and probably with iodine also, both of which impart that particular marine smell to the uncovered bottoms of deep tidal bays. Whatever debris of vegetable or animal substance the retreating wave may leave behind, neither the length of time during which they can possibly remain exposed before they are again covered by the returning tide, nor the solar or atmospheric heat of an English climate during the winter, (the only season I counsel invalids to sojourn here,) can induce decomposition, still less putrefaction, so as to render them sources of mischief. I should be sorry to recommend to any patient or friend of mine to place himself close to the backwater at Southampton, between the Pier and Millbrook, for example, where, nevertheless, a terrace of small houses, called Blechynden, I believe, has just been erected; and still less on the opposite shore, with the face turned to the east, during the dog-days, (if such days are ever given to make their appearance amongst us,) or in any hot months generally. The effluvia from the uncovered mud, at these times, may really prove injurious, for reasons obvious to every understanding; but, during nine months of the year, I hold the Southampton water to be not merely harmless, but likely to be of good service."

“ I may close this summary medico-topographical account of Southampton with a general statement, that, in point of auxiliaries to a retreat for invalids, so essential to the promotion of their health, the town abounds and is every day acquiring new ones. In one only important article is Southampton deficient, namely, good potable water. What is now drunk is derived principally from reservoirs on the Common, receiving the drainage-water of that extensive district, and Southampton has often been much distressed for want of a good supply of water. An attempt has been made at forming an Artesian well, but hitherto without success. The water of the several springs in the place is hard and unfit for culinary or other domestic purposes.”(1)

“ In point of any other auxiliaries, particularly out-of-door exercise, the place is abundantly rich. A quiet walk down High-street, at two o'clock, when the air is dry and still, and when equipages and pedestrians saunter or course up and down the same line, as if the whole of the best company of the place had given themselves rendezvous for the purpose of one daily universal recognition ; an extension of the same as far as the Royal Pier—itself perhaps one of the greatest improvements of Southampton, and an object of curiosity, but to the invalid, in particular, one of diversion, from the variety of scenes he may witness upon it ; at other times a drive over the Commons, and to the neighbouring mansions of the wealthy, or, crossing the Itchen, over the bridge or by the steam ferry, a ride in the direction of the Gosport-road :—all these resources are offered to the resident invalid at Southampton, with many others, to prevent ennui, kill time, and promote health, giving exercise in the open air.”

Little need be added to the remarks of Dr. Granville, upon the subject of climate, further than to observe that it appears to be to the nervous or atonic form of dyspepsia

that Southampton is unfriendly, and principally in the lower parts of the town, for to the upper and northern portions it does not so much apply, and, indeed, he himself afterwards points out the neighbourhood of Shirley common as favourable to this disease, while, to the more inflammatory forms of derangement of the stomach, the air of this town is beneficial in its tendency. Were we to take an area of from two to three miles around Southampton, almost every variety of climate incidental to a southern region may be found, and he who finds one spot disagree may speedily seek out another more suited to him ; but, perhaps, of all the localities in or about Southampton for cases to which the town itself is not adapted, Bitterne is the most salubrious : nor should Shirley and its vicinity be overlooked. The beautiful left bank of the Itchen, and of the Southampton Water towards Netley Abbey, so well and deservedly set forth by Dr. Granville as a most admirable situation for pulmonary invalids, is not, I am informed, likely to be extensively built upon, and it is to be regretted, for there are few if any in the kingdom equal to it. Its complete shelter from the northern and eastern winds, particularly the latter, which is so injurious to chest affections, give it a decided preference to the far-famed Undercliff of the Isle of Wight, which, though thoroughly protected from the north, is more or less exposed to the east and south-east winds, which render it a very unfit residence for this class of patients, when those winds prevail, which they almost invariably do in the spring. A great adjunct to the position before alluded to is its full exposure to the western sun, and should it not be extensively built upon, a few houses of a superior class, specially fitted up for the reception and accommodation of invalids might not prove an unprofitable speculation ; and were an Hospital for consumption and diseases of the chest erected in this

locality, it might become a truly national charity and a wide-spread blessing. Consumptive patients are generally and very properly denied admission into the usual institutions for the reception of the sick poor, but when such are founded for their exclusive benefit, one of the first and chief considerations ought to be its locality, selecting such as will place the patients in the most favourable circumstances to aid the medical and general treatment. Should the benevolent and wealthy of the land at any time contemplate the erection of another of these valuable establishments, I would suggest the left bank of the Southampton Water as the most eligible site, on many accounts, which could be selected.

I have purposely abstained from bringing forward long statements, and tables of thermometric observations, believing that, as a guide to invalids in selecting a residence, they afford to the general public but little information, and not very much to their medical advisers. I have not, however, neglected to make inquiries into these subjects, and, as far as my investigations extend, Southampton occupies much the same position in these respects as the generality of the south coast, nor can I find, as has been alleged, that, either in extent of range or frequency of variations, it is in excess. It has been objected, that a town of resort for invalids is not compatible with great commercial transactions. Clifton is an example to the contrary—not only are these pursuits carried on in Clifton itself, but it is quite as intimately connected with the great town of Bristol as many portions of Southampton are with the crowded hives of its industrious masses ; indeed, so far from being an objection, I look upon it as an advantage, affording opportunities for conjoining the pursuit of business and of health. How many are they whom business of important character brings to this rising port, who

would be delighted, were they aware of its advantages for the restoration of health, to locate their families here, for a season at least, and enjoy their society, while at the same time they attend to that which concerns them, and administer to the well-being, pleasure, and improvement of those who are near and dear to them. Are there none who would select this port in preference to others for these very reasons? When our communications with the large manufacturing towns of the north and midland counties shall be more direct, will there be none who would be glad simultaneously to transact their shipping business here and transplant their delicate and consumptive families to so auspicious a region? But, independently of these considerations, the pleasure and amusement which such scenes afford (as daily are to be witnessed in our docks) to those from inland districts totally unaccustomed to them, must prove a valuable adjunct to the invalid sojourning here in search of health. It is, too, a desirable circumstance which Southampton possesses, as far as invalids are concerned, not being immediately upon the coast, and too close to the open sea, by which it escapes many a rough storm while it enjoys, at the same time, nearly all the benefits of a marine atmosphere.

There is one very striking feature in this Town, which exercises a powerful influence for good upon the health of its western and northern districts—I refer to the half-year or Lammas lands, those great lungs of Southampton, which will ever supply it with good air, and which separate the parts referred to from the localities where disease is principally engendered, by filth and other abominations. They at once prevent the spreading of infection, not only by cutting off immediate communication, but by diluting any atmospheric contaminations which may exist. These, with the pure breezes which blow upon the town from large sheets

of water almost surrounding it, combined with its natural falls of level and the porous character of the soil, render it impossible, in spite of artificial obstructions, that Southampton could be an unhealthy town; but not only do these lands contribute, in this respect, to the salubrity of the place, but they prevent overcrowding of the population, and produce that peculiar distribution of buildings by which it may be said to consist of a series of detached villages, or small towns, rather than one large continued whole, offering every variety of choice of residence, from the gay, bustling activity of the principal thoroughfares to the most retired and rustic quietude. As they are, in their present neglected unornamental, I might almost say, disgraceful state, these lands are invaluable, but should the improvements in them, which I am informed are in contemplation, be carried into effect, and they should be laid out in pleasing promenades and beautiful gardens, they will form a country in town not to be equalled elsewhere, and an unrivalled attraction to thousands in search of pleasure and of health. Should the water be supplied to the town at high pressure,\* which it ought to be, not only for the purpose of flushing the sewers, but that it may be conveyed without trouble by piping to the highest rooms of the most lofty houses, the formation of fountains would be attended with very little expense, and placed in these situations would be most agreeable objects, while the waste water from them might form a reservoir for the supply of baths and wash-houses for the poor, inestimable auxiliaries to their health and comfort, and by no means an inoperative spur to their moral improvement.

The inducements and advantages which Southampton possesses for out-of-door exercise have been already touched upon in the extracts selected from Dr. Granville's work—

\* In case of fire, the value of this cannot be overrated.

of delightful rural walks there are an abundance, but there is one which, for its attractive beauty at high water, cannot be passed over, and the more so as its present rough neglected state ought not to be. Its situation is good, fully open to the western sun, and were it in proper condition, with seats here and there, how might many hundreds of poor suffering invalids there obtain a life-giving vigour. It is one of those promenades where the gravel should not be too closely pressed down, neither should it be of too coarse a character—I allude to the walk between the Dorchester Railway and the shore, leading to Millbrook. At low water it is unpleasant, from the great distance to which the tide here recedes. Surely a large portion of these muds might be profitably reclaimed, and made valuable land, without injury to navigation. The Pier as a promenade, has been already referred to. The Platform is another, and will become still more in favour when the improvements going on are completed. I could enumerate many more, but it is not my intention to write a guide-book to Southampton—there are plenty of them, though, perhaps, a new edition brought down to the present time, and embracing all the recent alterations, may be desirable.\* How delightful and invigorating to all, whether invalids or in health, are country rambles, varied by the changing seasons. When Spring in the beauty of new-born nature, clothes both valley and hill-top with a robe of glory, and young leaves bedeck with their bright verdure the stalwart oak and stately elm, how refreshing is it to wander mid green lanes and forest paths, to list to the rich melody of the feathered songster, and inhale the odours of the many coloured flowers whose bright mosaics tessellate the ground on which we

\* Such an one has just been brought out by Messrs. Forbes and Knibb,



tread—then follows summer, with its warm skies and thousand blossoms, its dewy morns and balmy eves, its waving crops of ripening grain, and its delicately tinted fruit, waiting for a different yet not less lovely season to bid it blush into full maturity. Yes, autumn has many beauties, and, to a reflective mind, reads life's warning from the time when the first green leaf quivers on its stem until the last of its companions falls, faded and withered, to the earth. Nor is Winter without its attractions, and, to the lovers of natural scenery, presents many objects for admiration.

To those invalids whose physical strength has not been too much impaired, a most salutary means of improvement will be found, when the weather will permit, in daily excursions—they are powerful aids in enabling them to banish from the mind the too frequent contemplation of their own sufferings—they are preferable as a restorative, in very many cases, to continued travelling, on account of the certainty of returning at night to a known and comfortable abode, somewhat the resemblance of a home, in a pure and proper atmosphere. By such as are unequal to longer rambles, shorter may be taken in picked hours of the day. The same may be applied to boating and sailing, those delightful ways of taking the air in its purest and most exhilarating form, which may be frequent, and I believe to be far more beneficial than a long voyage, subject to the discomforts inseparable from it, vicissitudes of weather, and the usually defective ventilation of the sleeping berths on board a ship, though, in this respect, the more recently-built vessels are much improved ; for these purposes where can a neighbourhood be met with more desirable than that of Southampton ?—the roads are of the first order—the rides and drives are amidst scenery of the most pleasing nature—and objects of interest abound on all sides, from

the town itself to a circle of considerable diameter—the venerable ruins of Netley Abbey—the diversified and romantic district of the New Forest, with its legendary and historical associations, its green lawns, its heaths and woodlands—

“ Here waving groves a chequer’d scene display,  
And part admit and part exclude the day,  
As some coy nymph her lover’s warm address  
Nor quite indulges nor can quite repress.  
There interspersed in lawns and opening glades,  
Tall trees arise which shun each other’s shades;  
Here, in full light, the russet plains extend;  
Here, wrapt in clouds, the blueish hills ascend.” \*

The architectural beauty of the Abbey Church at Romsey—the antiquities of Winchester—the naval arsenal of Portsmouth—the Isle of Wight, with its numerous and ever changing features—the beautiful and landlocked Southampton water, with its lake-like scenery and wooded shores, on which the most timid sailor need have no fears, and the more adventurous can extend their sail coastwise or out to sea—in a word, Southampton is splendidly situated, so as to command a vast variety of the most agreeable and healthful recreations, by land or water.

The accommodations of the town are of the first character—its magnificent hotels can recommend themselves by the comfort and excellency of their arrangements—would it not be invidious to speak of any one in particular—I could with gratification, remark in terms of warm praise on the very well regulated establishment where I have, upon more than one occasion, sojourned, before I fixed my residence in Southampton. Boarding-houses of a superior description abound, and private apartments may be obtained without limit—the supply of provisions, of every descrip-

\* Gilpin.

tion, is good and abundant—the public vehicles are numerous, and of a character surpassed in no town—good boats can be constantly procured, and access from all parts of the kingdom, by land or water, is easy. How different from a long harassing journey to some out-of-way place; difficult to find, and, when found, destitute of comfort, and consequently destructive of the anticipated benefit. The swift-rolling train will convey hither the invalid from the metropolis in an almost incredibly short time, with little or no fatigue, and, should circumstances render it advisable, his removal can be effected with equal facility—constant and speedy communication can be had with friends, and visits paid with but little comparative interruption of the business and avocations of life—if immediate intelligence be required, the electric telegraph supplies the means. These advantages are lost if the invalid fixes upon for his *sejour* a spot near which the rail does not approach, or to reach which it is necessary to cross the water.

But these are not all the advantages which Southampton can offer to its invalid visitors—sea-bathing may be reckoned amongst them, and though, at present, the accommodations for this purpose are not well situated—for the shore immediately surrounding a large town is not the position for them—yet the water, at high tide, is sufficiently salt, and might be made available in a state of great purity by means of floating baths, and if those horrible things called bathing machines are to be used at all, the left bank of the Southampton water, removed from the site of any of the town impurities, would be the proper situation for them. For all the other descriptions of ordinary baths—hot and cold water, vapour and medicated, etc., there is a good provision, and indeed they form no contemptible adjuncts to the medical treatment of disease in many instances.

Southampton also possesses a water which, even for the

purpose of baths, may be made of great value, and for its remedial powers, in many diseased states, when taken internally, entitles it to rank as one of the principal attractions of the place to invalid visitors—I mean its Chalybeate Spa. It is a common practice with those ignorant of the nature and effects of mineral waters to cast ridicule upon them—the usual refuge of the ill-informed—and if their opinion is requested upon the subject, by those who suppose them to be acquainted with it, their answers are generally couched in some such refined phrase as “It is all fudge”—a sneer the many thousands who have benefitted by the use of them best know how to appreciate. I am one of those who believe that every thing in nature has been formed with some useful design, and mineral waters form no exception, while experience shows that these natural combinations, especially of steel, act much more powerfully upon the system than equal quantities artificially produced, hence we find that the use of chalybeate waters frequently exhibit results we should, but for a knowledge of this circumstance, feel greatly surprised at.

It is remarkable that the Southampton chalybeate water should have been unknown, until recently, to the great majority of the inhabitants, yet it was once celebrated, and held in considerable repute. The Royal Family of George II. frequented it—the Duke of Cumberland, especially, is said to have benefitted by its use, and the Duke of York. It was also, I am informed, frequently prescribed by the late Drs. Wightman and Hackett, when practising physicians in this town, and was by them much esteemed; but fashion changes, and this Spa, like many others, has been deserted for, perhaps, those less deserving. Let us hope that the time may now have arrived when it shall again take its turn of favour.

In an old Guide Book, published in the year 1781, I find

the following notice of this spring :—" Without Bar-gate, about one hundred yards to the westward, at the bottom of Orchard-street, contiguous to the shore, is a spring of chalybeate water, which of late years has been brought into great repute, by performing a number of remarkable cures, not only in disorders peculiar to chalybeates, but also as an alterative, as, from experience it has been found of great service in scurvies, leprosies, and scrofulous disorders. This water discovers a stong, austere, corrugating taste, and turns vegetable astringent tinctures black ; it contracts and hardens all the vascular and soft fibroua parts of the body. To constringe and corroborate the animal solids appears to be its primary medical operation. In weak, lax, pale habits—in chronic disorders proceeding from languor and debility—cachectic, hypocondriacal, and others, this water has generally good effect, strengthening the stomach and chylopoietic organs and the system in general, quickening the circulation and raising the pulse," etc. Such is the notice published in the year 1781.

The springs—and there are three—are situated in the grounds attached to the Royal Victoria Assembly Rooms in a portion recovered from the tide. The position, indeed, is admirable, and one of the most favourable description, open to the west and most completely and securely sheltered from the east and north ; indeed, for a spring, winter, or autumn promenade, no better, as far as it extends, could be found. When the east wind blows, an asthmatic patient, who can scarcely breathe on the higher ground, may often here find for an hour or two complete relief, and thus be able to enjoy all the benefits of an out-of-door walk, when otherwise he would be compelled to remain a prisoner in the house. For a general winter promenade for all classes of invalids, especially between the hours of eleven and three, it is well adapted, and when the tide is in, the

view from it is most beautiful. In bad weather the splendid rooms are everything that can be desired, to meet, converse, and drink the waters in. These several privileges will be allowed by the lessee, on consideration of a very moderate subscription, by the week, month, or season, including the right to use the chalybeate water, and it is to be hoped that the inhabitants of Southampton themselves will first come forward and liberally support him, by enrolling themselves as subscribers, so as to enable him, without loss to himself, to establish a musical promenade, on all days at least on which high water occurs at a convenient hour. For concerts, balls, and other public amusements, which are usually looked for as accompaniments to a Spa, these rooms afford every accommodation, and, should assemblies be made up for the pleasure or benefit of invalid visitors, I trust early hours will be adopted, otherwise they will prove detrimental, and that those in delicate health will banish all fear of *mauvais ton*, or charges of vandalism, and consult only what will be of service to them. For mental recreation abundant means may be found in the circulating libraries and news-rooms; the London papers are here nearly as soon as they are to be met with in the metropolis itself. The chalybeate water contains a considerable quantity of carbonic acid gas, which holds the iron in solution. On exposure to the air it speedily becomes decomposed; it should, therefore, be drunk at the spring, or in bottles in which it is prepared, by pressing into it free carbonic acid gas, as in the manufacture of soda water, and which preserves it fit for use. It is a process originally recommended by Dr. Granville to the proprietors of Tonbridge Wells chalybeate, and it has been found to answer well. This carbonate of iron is, of all the salts of that metal, the best suited to an irritable stomach, and it is only as a natural product in mineral waters that it is met with in a perfect state, though it may be artificially formed.

it is a most difficult matter to preserve its integrity. Thus has nature established a remedy for atonic dyspepsia in the neighbourhood where it is said to prevail. I have myself examined this mineral water, and believe it to be a fine specimen of its class, similar to that of Tonbridge Wells, but of double power. The following is the result of an examination in the laboratory of University College, London:—"A Winchester quart, evaporated to dryness, yielded 36.87 grains of solid matter, dried at 300f., of this 15.71 grains were freely soluble in hot water, and 21.16 very much less so. The soluble portion consisted of about equal parts of sulphate of lime and magnesia, with a moderate quantity of potash and soda—chlorine was also abundantly manifested: the less soluble portion was sulphate of lime, with a little silica. The water was muddy apparently, but this arose from the separation of the iron in the state of peroxyde, amounting to about three grains: it contained free carbonic acid gas, and when drawn, no doubt, in larger quantity, so as to hold the iron in solution." It is obvious that this analysis could scarcely show the full quantity of iron, some of it would be liable to remain in the bottle and be otherwise lost, on account of its not remaining dissolved, from the escape of the carbonic acid gas; this, however, gives us six grains to the gallon, which is double the quantity contained in the Tonbridge Wells water. Such, with traces of iodine, if not of bromine, in one of the springs at least, are the chemical features of this chalybeate, as far as they have been at present ascertained. A more minute and careful analysis will be made, and, when complete, the result made known. Its medicinal powers will be best manifested in all diseases which are characterized by nervous relaxation, debility, and languid circulation, especially when arising from a deficiency of the colouring matter of the blood. To delicate females, especially, it may be recommended, and it will

much improve the complexion by imparting to it a healthy bloom—in neuralgia, and various painful nervous affections—in scrofula, passive hæmorrhages, and other morbid states, upon which I shall not dwell, for it is by the direction of his medical adviser only, that a patient should use this water. Were this Spa to be patronized as it deserves, so as to justify the proprietor in going to the expense of baths, “a dip or two into it during the summer, rapidly executed, would prove a wonderful auxiliary in the restoration of strength with those who have been long labouring under general or partial debility, unattended with fullness of blood, palpitation of the heart, or frequent headache.” That its ancient celebrity for the cure of disease was not altogether undeserved, a few recent cases fully testify, and it is to be hoped many more may be speedily added to the number by the resort of those who require its aid. The dose should be small and repeated, rather than much at once—thus a pint may be taken in four divided doses, at intervals of a quarter of an hour or twenty minutes, promenading between: this quantity may be taken in the morning and repeated in the afternoon. Those suffering from dyspepsia, of a low type, free from inflammatory symptoms, accompanied by acidity on the stomach, will find its useful qualities increased by the addition of a little soda-water, or may use the bottled aerated chalybeate before referred to.

Such are the resources which Southampton can offer to the invalid—that they deserve to be used and developed is unquestionable, and it is the duty of all who have it in their power to promote their success—that they have hitherto been undervalued arises, I believe, partly from the reputation which the town was unjustly acquiring for insalubrity, and partly from the notice of the public not having been directed to them. Much more might be written upon these subjects, but the limits I have sketched out



for myself will not permit. Many omissions may strike the reader, some of which may be attributed to this cause, and others to the want of further observations.

The substance of the foregoing pages was comprised in a lecture delivered at the Royal Victoria Rooms, on the 13th of December last; and to the kind and unanimous wish for its publication, expressed by the audience, it owes its appearance in its present form. Such of my readers as were present on that occasion, will perceive that much is here omitted which was adapted only to a local assembly, while the distant stranger, should this pamphlet come under his notice, will think I have introduced much that was unnecessary, and dwelt to an undue length upon the present sanitary condition of Southampton and the demonstration of its natural salubrity. Such would not be his opinion were he aware of the numerous bugbears diseased imaginations have, from time to time, raised up to the no small terror of its more susceptible inhabitants, and these, united with those evils from which in the present state of things no town is free, were indeed frightful objects; but, looking deeper than the surface, their phantom character is soon apparent, the delusion vanishes, and confidence of security returns. I rely, without hesitation, upon the facts adduced from the most authentic sources, to establish the comparatively healthy condition of Southampton, while my opinions I have throughout endeavoured to support by well-known and received authorities, and in doing so have made free use of the works of Dr. Granville, Sir Jas. Clarke, and the late Dr. James Johnson; the conclusion from the whole being that Southampton, from its climate, situation, natural salubrity, and many peculiar advantages, possesses claims to become a great resort for invalids. ★







